

**RCA PERFORMANCE GYM LTD
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 30 NOVEMBER 2016**

B-ABLE BUSINESS SERVICES LTD

260
GLASGOW ROAD
CLYDEBANK
G81 1PG

RCA PERFORMANCE GYM LTD
Company No. SC493721
Abbreviated Balance Sheet 30 November 2016

		30 November 2016		Period to 30 November 2015	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	2		17,530		17,533
			17,530		17,533
CURRENT ASSETS					
Cash at bank and in hand		187		277	
		187		277	
Creditors: Amounts Falling Due Within One Year		(5,408)		(19,864)	
NET CURRENT ASSETS (LIABILITIES)			(5,221)		(19,587)
TOTAL ASSETS LESS CURRENT LIABILITIES			12,309		(2,054)
Creditors: Amounts Falling Due After More Than One Year	3		(10,408)		-
NET ASSETS			1,901		(2,054)
CAPITAL AND RESERVES					
Called up share capital	4		10		10
Profit and Loss Account			1,891		(2,064)
SHAREHOLDERS' FUNDS			1,901		(2,054)

RCA PERFORMANCE GYM LTD
Company No. SC493721
Abbreviated Balance Sheet (continued) 30 November 2016

For the year ending 30 November 2016 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities

- The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These abbreviated accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2015).

On behalf of the board

Mr ROBERT CRAIG

26/05/2017

RCA PERFORMANCE GYM LTD
Notes to the Abbreviated Accounts
For The Year Ended 30 November 2016

1. Accounting Policies

1.1. Basis of Preparation of Financial Statements

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

1.2. Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

1.3. Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Plant & Machinery	20% STRAIGHT LINE METHOD.
Fixtures & Fittings	25% STRAIGHT LINE METHOD.

2. Tangible Assets

	Total
Cost	£
As at 1 December 2015	21,927
Additions	5,489
As at 30 November 2016	<u>27,416</u>
Depreciation	
As at 1 December 2015	4,394
Provided during the period	5,492
As at 30 November 2016	<u>9,886</u>
Net Book Value	
As at 30 November 2016	<u>17,530</u>
As at 1 December 2015	<u>17,533</u>

3. Creditors: Amounts Falling Due After More Than One Year

	30 November 2016	Period to 30 November 2015
	£	£
Directors loan account	<u>10,408</u>	<u>-</u>

RCA PERFORMANCE GYM LTD
Notes to the Abbreviated Accounts (continued)
For The Year Ended 30 November 2016

4. Share Capital

	Value	Number	30 November 2016	Period to 30 November 2015
	£		£	£
Allotted, called up and fully paid				
Ordinary shares	1,000	10	10	10
		<u> </u>	<u> </u>	<u> </u>

5. Ultimate Controlling Party

The company's ultimate controlling party is by virtue of his ownership of 100% of the issued share capital in the company.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.